

VITAL SIGNS

VOL VII No. 1

Naval Hospital, Orlando, Florida

1 December 1983

Season's Greetings to all



May there come to you



at this Holiday Time

An abundance

of the precious things

of life:

Health, Happiness and

Enduring

Friendships.



How to use an extraordinary, God-given, talent

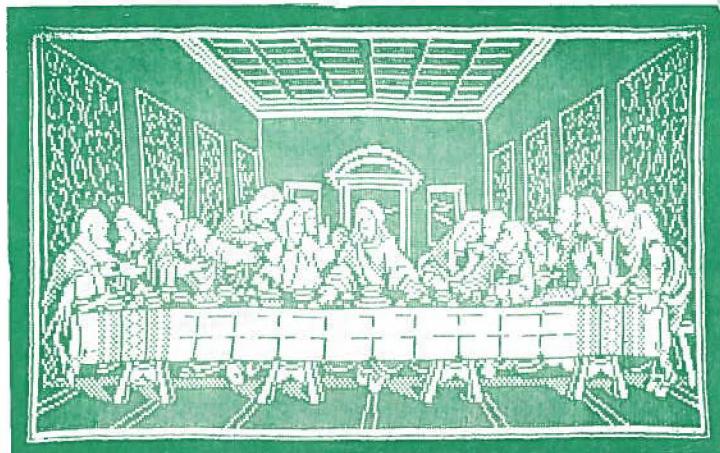


Mrs. Wilma N. Atchley, a patient, found a unique way to say "thank you" to the staff of Naval Hospital Orlando. Using her extraordinary, God-given talent, Mrs. Atchley crocheted two wall hangings

Whoooizzit?



Do you know this staff member? The answer is on Page 12.



and presented them to the Hospital to be hung on the walls of the Meditation Chapel. On 4 November, Captain Herr presented Mrs. Atchley with a Letter of Appreciation and Chaplain Doss presented her with a Certificate of Appreciation from the Chief of Chaplains.

The wall hanging behind Mrs. Atchley, is the Lord's Prayer, which measures 58" X36". The Last Supper measures 79"X59". To appreciate the magnitude of the labor involved in creating these works of art, the Last Supper alone, took five months to do and used fifty skeins of crochet yarn (over 450 yards)! To suitably display these marvelous wall hangings, the Oakleaf Auxiliary had them mounted and framed. Don't miss the chance to stop by the Chapel and see Mrs. Atchley's beautiful gifts.

American Red Cross



**Volunteer hours
for October -
1,685**

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STETH - O - SCOOP

Vital
Signs

By HM1 Bogan McQuigg, USN



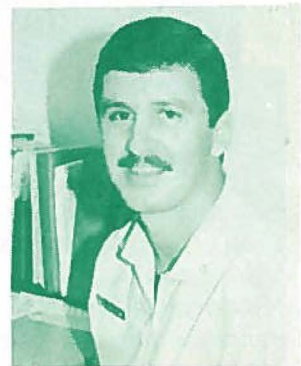
What would you like from Santa?



Catherine Bottleman, Dermatology: "I would be happy with most anything he would like to bring!"



Rene Martinez, Quality Assurance / Risk Management: "Peace on earth!"



HN Paul Anderson, Pharmacy: "I would like a new top for my 1968 TR-250 Triumph!"



Mary Sobczak, Patient Affairs: "A promotion and/or a raise would be nice. I need a new car and my son is starting orthodontic care. Also, love and harmony for all."



HM2 Wanda Anthony, ARS: "A new Navy policy giving us 60 days leave per year!"



Dee Thompson, Clinical Nurse, OB-GYN Clinic: "I would just like my family to be healthy and happy this Christmas!"

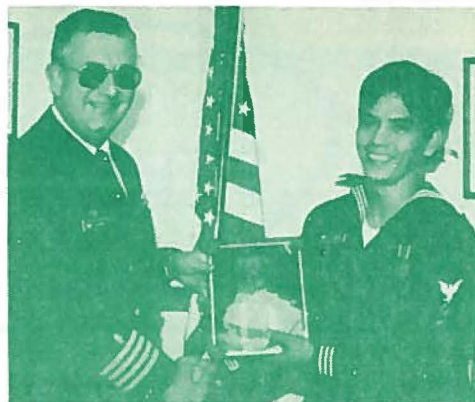


Staff Journal

Medals



CAPT Herr congratulates CTOC James M. Scott, Counselor at the Alcohol Rehabilitation Service, on receiving the Navy Achievement Medal on 18 November. He received the medal for his outstanding leadership and excellent management in the establishment of the ARS.



Congratulations too, for HM2 Edmar Gamboa, Laboratory Service. He received the Navy Achievement Medal for recognizing and solving a problem in recording blood typing information in recruit health records. His achievement not only contributes to the health and safety of medical personnel but saves manhours and costs.

GCM's

LOA's

- 18 November



... from Ecuador for LCDR Jesse Vasquez, MSC, USN.



... from Naval Hospital, Charleston for LT David Paad, NC, USN



... from Navy Recruiting Station, Evansville, IN, for HM3 Teresa Fairchild, USN.



... from NAC for HM2 Wayne Kysor, for Yard of the Month.



On 18 November, CAPT Herr presented a Third Good Conduct Certificate to HMC Dana McGowan, USN, Pharmacy Department.



... and a Third Good Conduct Award for HM1 Charles Mathis, USN, Pharmacy Service.



... and a First Good Conduct Medal to HM2 Iwona Wojcik, USN, Alcohol Rehabilitation Service.

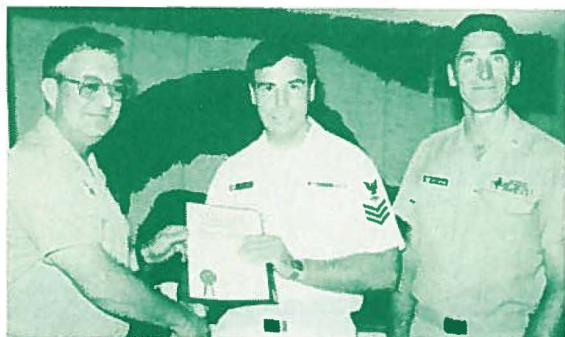
Presentations



Sailor of the Quarter, 3rd Quarter, HM2 Andrew Hairl, Laboratory Service, receives his certificate from CAPT Herr and CAPT McClurkan on 2 November.



... a Letter of Appreciation for HM2 Aaron Scoggins, Physical Therapy, one of the candidates ...



... and another Letter of Appreciation for HMI Patrick Ferguson, RIF Optical, another SOQ candidate.



Blue Jacket of the Quarter, 3rd Quarter, HN Keith Newton, Nursing Services, receives a Letter of Commendation and congratulations from CAPT Herr on 2 Nov.



... and a Letter of Appreciation for DN Elizabeth Schepis, a candidate for BJQ.

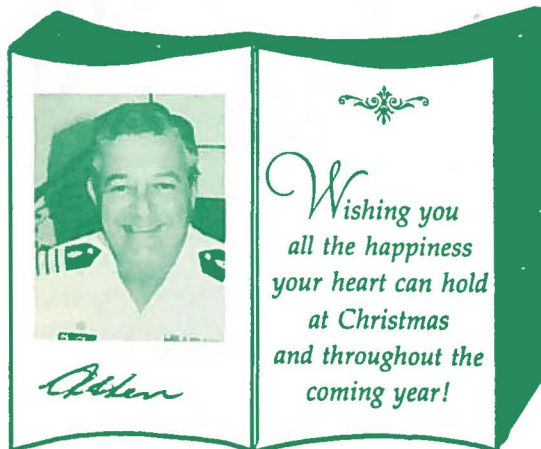
Retirement



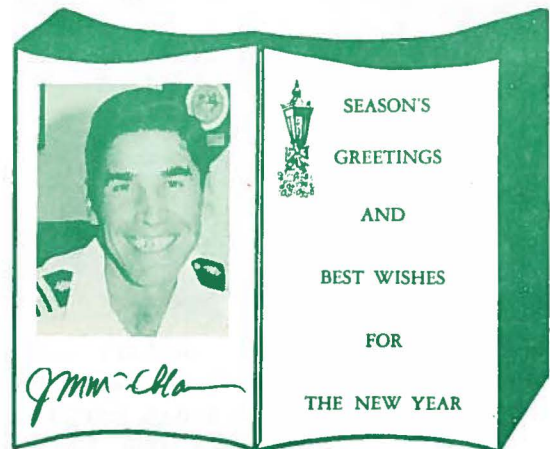
On 4 November, a retirement ceremony was held for HMC F. Roy Moore, CHAMPUS office. Chief Moore received a Letter of Commendation from CAPT McClurkan as Chaplain Nickols looks on.

**MERRY
CHRISTMAS**

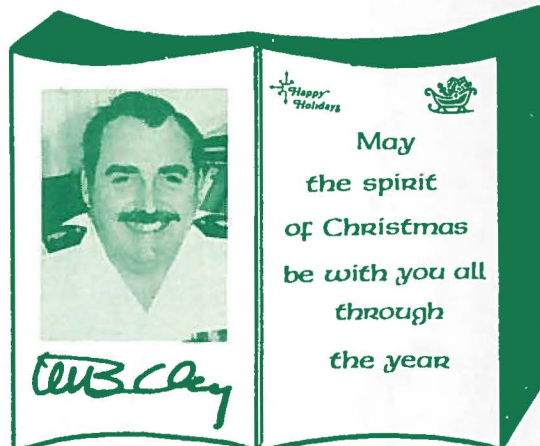
To our Staff . . .



CAPT A. HERR, DC, USN
Commanding Officer



CAPT J. M. McCLURKAN, MC, USN
Executive Officer



CDR W. M. BUCKLEY, MSC, USN
Directorate for Administration



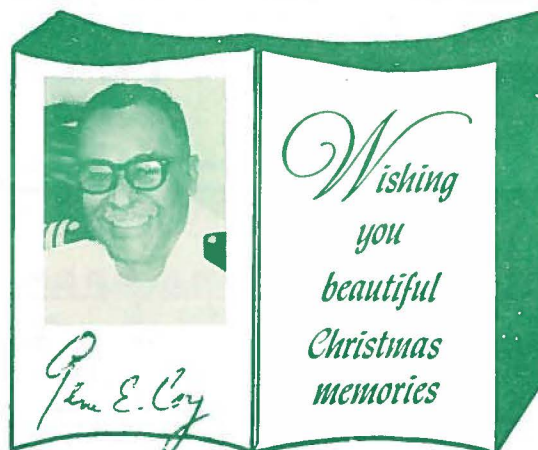
CAPT L. E. NICKERSON, NC, USN
Directorate for Nursing Services



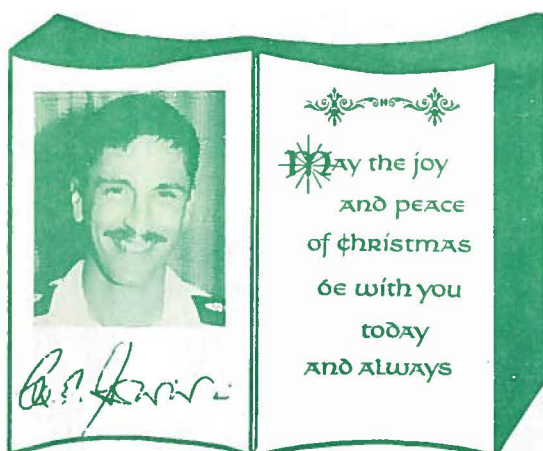
HMCM(SS) R. C. CLEMENTS, USN
Command Master Chief



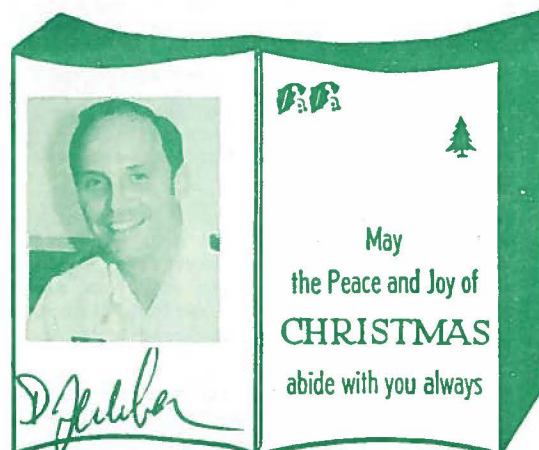
CAPT R. S. GOLD, MC, USN
Directorate for Surgical Services



CDR G. E. COY, MC, USN
Chief of Operational Medicine



CDR M. E. GOLEMBIESKI, MC, USN
Directorate for Medical Services



CDR D. J. WEBER, MC, USN
Directorate for Ancillary Services



Column Coordinator: ENS S. E. DuLac, MSC, USN

We're continuing with . . .

How much do you know?

Last month's article was a quiz on your knowledge about alcohol. Now, let's go on . . . you may find that your knowledge about alcohol is still more limited than you thought.

TRUE FALSE

1. Gin or vodka are more inebriating than the same amount of whiskey. ☐ ☐
2. Mixing types of drinks is more inebriating than drinking only one kind. ☐ ☐
3. Taking a cold shower or drinking black coffee have sobering effects. ☐ ☐
4. Drunkenness and alcoholism are the same. ☐ ☐
5. Heavy drinkers experience certain symptoms of impending alcoholism. ☐ ☐

ANSWERS:

1. FALSE. Alcoholic flavor does not affect the drinker; it is the alcohol content (actual % of alcohol to overall liquid volume of beverage consumed) which affects the drinker.

2. FALSE. Mixing drinks has no more effect than flavor; total consumed quantity of alcohol -- that absorbed by the bloodstream -- determines drunkenness.

3. FALSE. Nothing except time can speed up the body's sobering process. Only after a person's liver has burned up the alcohol, is one sober.

4. FALSE. Drunkenness is merely the temporary loss of control over behavior and coordination one may experience after having consumed a certain amount of alcohol. Alcoholism is a serious illness during which one has developed a dependency upon alcohol.

5. TRUE. Some warning signs of existing or impending alcoholism are: increased drinking, notably often alone; gulping drinks and temporary memory loss. Treatment is available and -- if strong symptoms pointing to existing or imminent alcoholism are apparent -- should be sought immediately.



LAB

LINE

CAPT P. E. Petit, MC, USN

It's an Apple!

Not the kind of apple you eat, but the computer kind. Through the exceptional efforts of Fiscal and Supply, the Lab was able to procure an Apple II Plus computer for use in quality control and data reduction in the biochemistry section. HMI David Orenze is shown below using the system. Whenever unknown patient samples are tested, controls at normal and abnormal levels must be included in test runs. These controls are commercially procured blood and urine samples that have been tested many times in many different laboratories. Thus, the quantitative value of each analyte is precisely known. When we test these control specimens along side of patient samples, if we come close to the known values on the controls, we can be assured that the results of the patient samples are accurate. The Apple will allow us to examine trends in the control results, and through a telephone modum, we are able to compare our performance with peer laboratories by communicating with their computer systems. All this may sound too technical, but it is really very simple. The bottom line is continued improvement in the accuracy and precision of our quantitative analysis. As a neat sideline, the Apple can do a lot of things besides reduction of chemistry control data. We hope to use it for some workload reporting requirements, supply and equipment inventory, and data files. The system is often available after hours -- if anyone has specific applications that they would like to try, give us a call. Anything but Pac Man!!!



HMI Orenze



NURSING SERVICES

Column Coordinator:

LT Joyce E. Dresher, NC, USN



CHAPLAIN'S COMMENTS

LT J. L. Doss, CHC, USN

Problems?

Life is so complicated. How do we cope with the problems that occur in our personal and professional lives? Chaos, unhappiness and failure is usually the end result of the laissez-faire attitude. We've all experienced varying degrees of this behavior. The solutions to our problems are available. Individual skill and ability to recognize and manage problems increase the effectiveness of productivity and performance.

Identifying the problem is the first step. In the "One Minute Manager" by Kenneth Blanchard, PHD, and Spencer Johnson, MD, I found this statement pertaining to problems: "A problem only exists if there is a difference between what is actually happening and what you desire to be happening. If you can't verbalize what you would like to be happening, you don't have a problem yet. You're just complaining."

The second step is setting goals, (write them down), evaluate your performance and behavior; then see whether or not your, and/or others', behavior and performance matches your goals.

The third step is feedback. Positive reinforcement, honesty and praise are more effective than the negative approach. Reprimands are sometimes unavoidable. Expectations of performance and behavior should be verbalized initially. Never assume, that's when the problems increase.

The end result is the evaluation of the problem and the solution.

Behavior controls goals and performance. Guidance and management control behavior. Look at yourself first - then analyze others.

Simple - yet profound

We sometimes stumble over the simple things. We take them for granted and we discount them as being of little value. Let's take another look at some simple things. We may run into some surprises.

For example, there are only twenty-six characters in the English alphabet; yet, from combining these characters in various ways we can spell every word in the dictionary -- the marvelous works of Shakespeare, and the glory of the English Bible in its traditional and modern versions. It all depends on how these twenty-six letters are put together.

There are only twelve musical notes on our Western scale; yet, what different kinds of music can be played -- soothing, exciting, inspiring. It all depends on how the notes are arranged.

There are only ten digits, from zero to nine; yet, the potential combinations of numbers is virtually limitless. Arithmetic functions have challenged and intrigued the keenest minds in every generation. Yet, there are only ten basic numbers. It all depends on how we put them together.



What has all of this to do with Christmas? The manger scene at Bethlehem was very simple. A baby was born in a stable. That, in itself, was not such an unusual event in that day; but, the virgin birth, the angelic chorus, and the adoration by the magi were amazing and profound in their ultimate meanings.

May God's great gift of peace, joy and love, be yours in this blessed and holy season. MERRY CHRISTMAS!

CAREER COUNSELOR'S CORNER



HMC Patricia M. Johnson, USN

Are you physically fit?

Physical readiness can affect your future in more ways than one! It's common knowledge that the Navy community is no less susceptible to the insidious effects of sedentary jobs, excessive calorie intake, and lack of proper exercise than the civilian community. Excess body fat is a serious detriment to health, military stamina and military appearance. The need to maintain a high state of health and physical readiness throughout the service is essential to ensure combat readiness and personal effectiveness.

What is becoming more and more a reality, is the fact that your physical condition can:

1. Prevent you from being advanced (even though you have passed the Advancement Exam).
2. Prevent you from attending that "C" School you want so badly.
3. Prevent you from being selected for that particular Officers' Program that you've been striving for.
4. Have a direct effect on your next assignment.
5. Result in an administrative separation from the service.



The Front Line

By HMC Mickie Johnson, USN

Physical Exam Section

Have any questions about the Manual of the Medical Department, Chapter 15? If so, call the Physical Examination Section of the Hospital Annex, because they are the resident experts. Since most think of Building 246 as "Sick Call," the PE Section is little known -- but very essential to the mission. They conduct the physical exams on all military personnel for annuals, reenlistments, separations, as well as exams for special programs. It is staffed by one doctor, six hospital corpsmen and a civilian secretary. Physicals are scheduled Monday through Friday. There are approximately 100 exams performed weekly generating a mountain of paperwork which is deftly handled by the hard working staff.

Due to the upcoming holiday season and the leave periods, there will be a shortage of personnel and a decrease in the number of physicals that they will be able to perform.

If you have a scheduled appointment between now and the first of the year and you are not going to be able to keep it, call them so you can be re-scheduled. We all know there is no such thing as an EMERGENCY ANNUAL PHYSICAL!!! ... so when you get the data processing computer card saying it is time for your physical, plan ahead... call them and make your appointment. X4256 or X4257. Don't forget to take your Dental Record with you.

The PE section is standing by, ready to assist you.



Preparing for a Physical Exam!



Master Shipwreck

HMCM(SS) R. C. Clements, USN

I ran across this poem a couple of years ago. Almost all the Christmas poems and stories tell about snow and sleigh bells and everything that has to do with winter brrrrrr our shipmates up North can have it! Anyway, with the approach of the holidays, I thought I would share this poem with you.

SANTA IN FLORIDA

'Twas the night before Christmas and all
through the town
No noses were frozen, no snow fluttered
down,
No children in flannels were tucked into
bed,
They all wore shorty pajamas instead.
To find wreaths of holly was not very
hard
For holly wreaths grew in every back yard.
In front of the houses were Daddies and
Moms
Adorning the crotons and coconut palms.
The slumbering kiddies were dreaming with
glee
That they would find water skis under
the tree.
They all knew that Santa was well on his
way
In a red Thunderbird instead of a sleigh.
He whizzed up the highway and zoomed up
the roads
In a snappy convertible, peddling his
loads.
As he jumped from the car he gave a deep
chuckle,
He was dressed in Bermudas with an Ivy-
League buckle.
There weren't any chimneys, but that
caused no gloom
For Santa came in through the Florida
room.
He stopped at each house, stayed only a
minute,
As he emptied his bag of the toys that
were in it.
Before he departed he treated himself
To a glass of Papaya juice left on the
shelf;
Leaped into the car and put it in gear
And drove over our bridges, singing with
cheer
But we heard him exclaim as he went on
his way:
"Merry Christmas, Sunny Florida, wish I
could stay!"



Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Fox

HMC Arthur L. Fox, is the Leading Chief Petty Officer of the Radiology Department. Chief Fox reported to the Hospital for duty on 24 August 1982. He is married and he and his wife, Regina, have two children: Tony, 14 years old, and Michelle, 10 years old.

Chief Fox is the Enlisted Advisor for 13 junior personnel: HM3 Dulce Garcia; HA Danilo Pena, HM3 Lewis Achorn; HM3 Jeffrey Saadat; HN Gregory Gassaway; HA Marcelino Resto; HM2 Dirk Schnarr; HN Paul Anderson; HN Paul Bamberg; HM3 Tony Sires, HM3 Ernest Thomas; HM3 David Jordan, and HM3 Karl Long.

PCS move



Dianna Bates, Manpower Management, has moved from the Naval Hospital to PSD! ENS DuLac presented Dianna with a picture of the hospital. TT across Lake Baldwin is 3 minutes - wind surfing, that is!

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN



It's that time of year

The Holiday Season always makes me feel like taking a break from the everyday routine and take a few minutes to look back at the year that we are about to see end.

For the first half of the year 1983, I was, of course, stationed at the Naval Regional Dental Center, Jacksonville, as the Commanding Officer. June 23rd stands out as a major event in the year 1983 and certainly a major event in my life. That is when I assumed command of the Naval Hospital, Orlando!

So June 23rd is the day I joined the NavHospOrl team -- and what a team it is! I receive reports every day from thankful beneficiaries who laud the efforts of this dedicated, loyal staff. You all have contributed to the reputation this medical facility enjoys and I could not possibly be more proud.

Each one of you is an integral part of our health care team and we want to be sure that you are still part of the team AFTER the Holidays. Everybody gets excited at this time of the year and with lots of travelers on the roads, the chances for accidents increase. I know a great many of you will be heading for home, either for Christmas or New Years, so please drive carefully, I need you!

I sincerely wish each one of you a happy and safe Holiday season and my best wishes to your families and friends who will share this time with you.

I look forward to sharing 1984 with you all and I know it will be a fulfilling year because we have the greatest opportunity to serve our fellow man.



CRA NOTES

By Dianna Bates



CRA BIRTHDAY GREETINGS TO: Monica Berg on 1 Dec; Debra Anderson and Joanne Barker on 3 Dec; Patricia Birmingham on 5 Dec; Ruth Burke on 8 Dec; Margaret Caldwell on 10 Dec; Martha Hutton on 13 Dec; Brenda Bradstreet on 16 Dec; Judith Yarosh on 17 Dec; Kathryn Owens on 18 Dec; Dolly Clayton on 19 Dec; Charlie Morgan on 20 Dec; Pauline Woods on 21 Dec; John King on 22 Dec; Jean DeVinny on 24 Dec; Marvin Atchley and Vita Fallon on 26 Dec; Mary Baley on 27 Dec; Lynne Bolstein and Vivian Walton on 28 Dec.

Reenlistment



On 1 November, HML Gary A. Chasteen, Medical Repair, was reenlisted in the U. S. Navy by ENS Robert Meinertzhagen, MSC, Supply Officer.

WHOOOIZZIT

It's HM2 Timothy Hill, Patient Affairs Department. Petty Officer Hill reported to the Naval Hospital, Orlando, in July 1982, from 2nd Marine Division, Camp Lejeune. He was first assigned to the Alcohol Rehabilitation Service and just recently transferred to the Patient Affairs Department. Petty Officer Hill is married and he and his wife, Barbara, have one child: Aaron, 3 years old. HM2 Hill hails from Tiffin, Ohio.

